



Open-Face Turkey, Brie, and Nectarine Sandwiches with Arugula Salad

READY IN



15 min.

SERVINGS



4

CALORIES



534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounces round of président brie sliced
- ☐ 4 slices top thick
- ☐ 2 tablespoons dijon honey mustard
- ☐ 4 servings kosher salt and pepper
- ☐ 2 nectarines pitted thinly sliced
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 small onion sweet thinly sliced (such as Vidalia)
- ☐ 0.8 pound roasted turkey breast thinly sliced

☐ 2 bunches arugula 5-ounce package

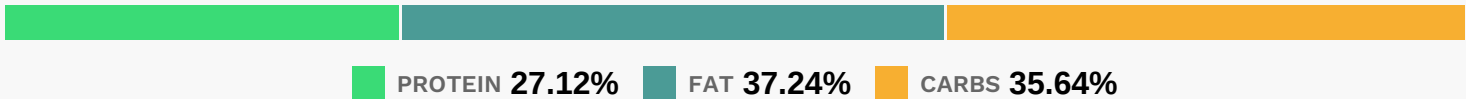
Equipment

☐ bowl

Directions

- ☐ Spread the honey mustard evenly over the bread. Top with the turkey, nectarine slices, and Brie. Season with 1/4 teaspoon salt and 1/4 teaspoon pepper. In a large bowl, toss the arugula, onion, oil, and 1/2 teaspoon salt.
- ☐ Adding fruit is a delicious and easy way to spruce up almost any sandwich with cheese. Some more great pairings: plums and Parmesan, apples and Cheddar, pears and blue cheese, and figs and goat cheese.

Nutrition Facts



Properties

Glycemic Index:45.63, Glycemic Load:28.37, Inflammation Score:-9, Nutrition Score:29.44000005722%

Flavonoids

Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.43mg, Isorhamnetin: 2.43mg, Isorhamnetin: 2.43mg, Isorhamnetin: 2.43mg Kaempferol: 20.18mg, Kaempferol: 20.18mg, Kaempferol: 20.18mg, Kaempferol: 20.18mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 10.97mg, Quercetin: 10.97mg, Quercetin: 10.97mg, Quercetin: 10.97mg

Nutrients (% of daily need)

Calories: 533.95kcal (26.7%), Fat: 22.34g (34.38%), Saturated Fat: 9g (56.24%), Carbohydrates: 48.11g (16.04%), Net Carbohydrates: 44.36g (16.13%), Sugar: 13.53g (15.03%), Cholesterol: 88.45mg (29.48%), Sodium: 1087.18mg (47.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.62g (73.24%), Vitamin K: 68.77µg (65.49%), Vitamin B3: 12.71mg (63.55%), Selenium: 44.15µg (63.08%), Vitamin B6: 0.94mg (47.02%), Folate: 180.9µg (45.22%), Vitamin B2: 0.69mg (40.81%), Phosphorus: 406.87mg (40.69%), Vitamin B1: 0.58mg (38.55%), Vitamin A: 1845.63IU (36.91%), Manganese: 0.61mg (30.37%), Iron: 4.36mg (24.23%), Calcium: 223.72mg (22.37%), Magnesium: 86.92mg

(21.73%), Zinc: 3.25mg (21.68%), Vitamin B12: 1.24µg (20.62%), Potassium: 696.18mg (19.89%), Vitamin B5: 1.59mg (15.85%), Vitamin C: 12.52mg (15.18%), Fiber: 3.75g (15%), Copper: 0.27mg (13.7%), Vitamin E: 1.98mg (13.2%), Vitamin D: 0.3µg (1.98%)